



The San Pasqual Calling Rock

MEMEYU TEMEWA?



Education Department Youth Prevention

The San Pasqual Education Department (SPED), or "Education Center," operates several programs with year-round services focused on education, college preparation, mentoring and training to culture, health and wellness all of which support areas of prevention and enrichment for the community.

The Education Center serves all ages from pre-school to young adult (ages 4-24) Monday through Friday, while weekends are dedicated to scheduled family activities. The team of dedicated staff and youth mentors provide afterschool tutorial programming, mentoring support, and several prevention program services to more than 100 tribal school children each school day. Several partners and local organizations are committed to supporting SPED's efforts with tribal youth substance abuse prevention & intervention services, such as: Indian Health Clinic, San Pasqual Tribal Police, Valley Center Pauma Unified School District, San Pasqual Domestic Violence Prevention, San Pasqual Women's Resource Center, San Pasqual Tribal AmeriCorps Youth Mentoring Program, Inter Tribal Sports, Inc. and Native Connection Youth Program.

In recent years, the San Pasqual Tribe determined there was a critical need to increase youth intervention and prevention services on the reservation. The Tribe and the San Pasqual Education Department, along with supportive partners and resources, began working together to address these needs by reaching the youth on the reservation regularly with structured, intervention and prevention programming. SPED's prevention services have expanded as a result of a federal grant initiative titled, *Methamphetamine and Substance Prevention Initiative (MSPI)* focused on tribal youth prevention.

Continued on page 3.



Mural designed and painted by
San Pasqual Youth



Stephen W. Cope
Chairman



Justin Quis Quis
Vice-Chairman



Tilda M. Green
Secretary-Treasurer



Dave Toler
Delegate



Joe Chavez
Delegate

2020 Census

The 2020 Decennial Census is 10 months away. It takes a year to prepare for the census. We are gearing up to spread the word to the entire San Pasqual Reservation and surrounding reservations on the importance of participating in the 2020 Census. A workshop will be held on Thursday, March 14, 2019 from 1:00 to 4:30 at the San Pasqual Tribal Hall. This workshop is open to all who reside on San Pasqual or on any of the other surrounding reservations. We encourage you all to engage in the discussion. Ask and get answers to the controversy swirling around the race question, citizenship, the American Community Survey and the importance of being counted. Mr. Norm De Weaver, former Director and National Representative of the Indian and Native Employment and Training Coalition will be the featured speaker. Those who attend will be entered in a raffle for various prizes. Must be 18 years or older to participate and must be present to win. Snacks and Refreshments will be made available for your pleasure.



Chairman's Corner



Dear Tribal Members,

With the San Pasqual elections behind us, the Business Committee is committed and looking forward to servicing the Tribe and the Reservation. Our vision is to provide a bright future for all members and their families that live on and off the Reservation leading the way to a better life for ourselves and generations to come. The year is off to a fast and great start with many projects in the works for 2019. The Duro Rd Water system is being completed and more wells will be brought online to support District C. Additionally, we are excited to have received more grant funding to build another storage tank on Duro Rd which will double the water storage capacity. Soon, we will be providing chip sealing and curbing for 7 miles of Reservation roads and replacing 5 miles of guard railing. In the summer, we will undertake the Duro Rd realignment to allow safer egress on to Lake Wohlford Rd which was made possible through grant funding. In a drive to seek energy independence and reduce costs, more solar projects are planned for the Tribe. In March, construction of a Micro-grid for the government buildings will start with solar covered parking and panels on roofs which will have battery storage back-up to keep the government operating during the ever-reoccurring power outages. Grid Solar will continue this year to provide solar for low income homes which provides a benefit to our lineal descendants and helps train our people in this growing industry. Furthermore, the Sun Shot Community Grant will allow us to build a 189 KW solar farm for the Tribe. The Tribal Police and Fire Departments continue to serve the Reservation with quality service. Our Fire Academy is doing a superb job of training first responders and its program was commended during a recent International Fire Service Accreditation Congress as being one of the best they seen and something to be proud. The Housing Department is in the midst of planning for a project on Duro Rd for 30 units which will benefit Tribal members and others. As you know, this year is the beginning of extending the General Welfare program, GW II, to allow claiming these expenses to reduce your taxable income. The Education Center continues to provide quality teaching and mentorship to our children with a whole host of programs. Ensure to come out and support them as they participate in Inter-Tribal Sports. Additionally, there are events planned at the Community Garden and Park on Paradise Rd and the Marshland project at the ballfields. All the best to you and your families, we welcome any suggestions to better serve you.

Welcome to Our Newest Business Committee Members

We would like to extend a warm welcome to our newest Business Committee members, Vice-Chairman Justin Quis Quis and Delegate Joe Chavez. Both bring invaluable experience and expertise that will benefit in leading the Tribe into the future. Justin was the Executive Director at the San Pasqual Tribal Gaming Commission for the past two years. Prior to that he was the Chairman of the Commission for 12 years. Joe has served on several committees including the Housing Advisory and Land Assignment Committees, and most recently as a Gaming Commissioner.



Justin Quis Quis
Vice-Chairman



Joe Chavez
Delegate

Domestic Violence Awareness

Dating violence is more common than many people think. One in three teens in the U.S. will experience physical, sexual or emotional abuse by someone they are in a relationship with before they become adults. And nearly half (43%) of dating college women report experiencing violent and abusive dating behaviors. **Help us spread awareness and stop dating abuse before it starts!** Every year, approximately 1.5 million high school students nationwide experience physical abuse from a dating partner. It is also known that 3 in 4 parents have never talked to their children about domestic violence. In light of these alarming facts, every year during the month of February advocates join efforts to raise awareness about dating violence, highlight promising practices, and encourage communities to get involved. There are many resources available to provide information and support to victims and assist service providers and communities to decrease the prevalence of dating violence among young people. Anyone can make this happen by raising awareness about the issue, saying something about abuse when you see it and organizing your community to make a difference.



San Pasqual Youth Prevention continued from front page.

SPED's prevention services provided under the project include suicide prevention, substance abuse prevention, and family engagement. During the 2017-2018 project year, SPED serviced 86 children (up to age 11), 79 youth (ages 12-17), and also 24 young adults (ages 18-24), while the number of youth encountered in the year totaled 27,098. The project has enabled the staff to implement a combination of evidence-based with practice-based approaches that help build resiliency, promote positive development, and increase self-sufficiency behaviors among San Pasqual youth.

Evidence-based and practice-based prevention approaches currently being used to create positive outcomes with San Pasqual tribal youth are also helping to address a need for cultural-based strategies. The approaches include, reservation-based afterschool tutoring, tribal youth mentoring, culturally-specific talking circles, reservation-based recreation sports, tribal youth leadership training, and culturally-based curriculums and programming. Evidence and practice-based approaches used specific to suicide prevention include, American Indian Life Skills, *White Bison, Inc.* curriculum, traditional talking circles facilitated by Indian Health Services, and various Kumeyaay culture activities.

The combination of approaches has created positive impacts on the youth's academics and attendance rates in school, while increasing in-school resiliencies and self-confidence. SPED's positive impact on the youth's academic achievement and personal development is evident in the fact that they now have the highest graduation rate of high school seniors among area tribes. During the 2018 school year, there were a total of 28 graduates from the San Pasqual community. Cultural activities provide a safe space for community members to connect and engage with one another, families, mentors, elders and cultural knowledge bearers who share traditional language, songs and other culture knowledge. Cultural activities provided through SPED include Kumeyaay language classes, storytelling, *Young Ipai Summer Cultural Program*, cultural arts classes, and a High School graduate *Eagle Feather Ceremony*. These experiences provide youth with access to healthy role models, which has increased inter-generational relationships, inspired new connections in the community, while increasing youth's cultural identity. The impact of providing cultural activities to the youth continues to support academic and personal development needs, while serving as a way to outreach, connect with, sustain and build the cultural identity of San Pasqual youth and their families.

Family engagement is also key to the Education Department's positive impact with youth; therefore, family gatherings and positive parenting trainings are a focus of SPED's efforts. Types of gatherings provided each week include, recreation leagues practice and games for basketball, soccer, flag football, cheer and softball, which is provided in partnership with *Inter Tribal Sports, Inc.* Kumeyaay language classes are provided to families once per week in partnership with *Kumeyaay College* and held in the San Pasqual Cultural Center building. During the project year, the Education Center provided 52 family gatherings and tracked a total of 2,080 family encounters. The gatherings engage families in activities on the reservation that focus on health, unity, culture identity and youth development, which continues to create lasting positive impacts with relatives and supports healthy development needs of San Pasqual youth.

General Welfare II: Now Starting, Take Advantage!

Starting in 2019, the Tribe implemented a new program called General Welfare II. General Welfare II is a non-cash accumulation towards a tax deduction at the end of the year. The tax deduction accumulation can be up to \$24,000. Members submit receipts to Human Resources to show purchases were for qualified general welfare purposes. The items that qualify are the same as for the General Welfare I program. You submit receipts, and rather than receiving a cash reimbursement, you will receive a tax deduction off of your 1099 at the end of the year.

We encourage you to submit your receipts monthly and to use General Welfare II for big ticket recurring payments such as a car, mortgage, or rent. Human Resources will be mailing out more details on what is allowable under both General Welfare I and General Welfare II along with the new claim forms. Most items are allowable as long as they are for general welfare purposes such as Medical, Housing, Educational, Cultural, or Elder Assistance.

Education Department News

Preschool Reptile Field Trip

On January 17th, 2019 the Reptile Party Crew visited the San Pasqual Preschool Class. The students were able to come face to face with various creatures including snakes, lizards, tarantulas and more. They were given the opportunity to interact with every animal. Some were scared at first but ended up being brave and petting the reptiles. The preschoolers had such a fun time petting and learning about all the reptiles.



Valley Center Middle School Native and Indigenous Club

At the recent Valley Center Middle School Native and Indigenous Club meetings, students are able to gather and share thoughts with other indigenous peers. They have held a drum circle, planned for their school dance, had guest speakers, and learned about the effects of drugs and alcohol on youth and during pregnancies. The guest speakers talked and answered questions about what happens to young brains on drugs or alcohol and offered prayer songs. Another speaker brought sheep brains and spoke about the impact of depression in our communities. The NIC has also been planning their fundraising booth for the school dance and will be selling cotton candy and cupcakes to their peers.



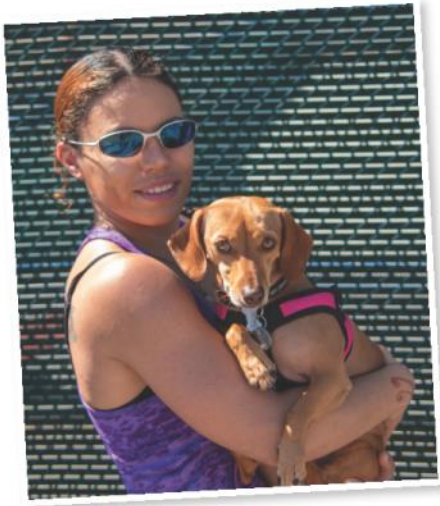
Bird Skirt Class

Where: San Pasqual Education Department

When: April 15- 17, 10am - 2pm

The San Pasqual Education Department will be hosting a 3 day Bird Skirt Workshop for middle and high school students. If you are interested please contact the Education Department for more information.

More Education Department news on page 8.



COMMUNITY PET EVENT SAN PASQUAL RESERVATION

SATURDAY, MAY 11 • 10 A.M. - 1 P.M.

SAN PASQUAL RESERVATION ATHLETIC FIELDS

27315 N. Lake Wohlford Road, Valley Center, CA 92082

(near Valley View Casino and Hotel and Bates Nut Farm) **FREE** onsite parking



The Spay-Neuter Action Project (SNAP) will bring their mobile spay and neuter unit, "the Neuter Scooter" to provide **FREE** spay

and neuter surgeries for up to 35 dogs and cats belonging to tribal members, thanks to our partnership with San Diego Humane Society. For every spay or neuter, SNAP will also provide pre-anesthetic exam, pain medication, nail trim, e-collar, microchip and dogs receive free rabies vaccine and free one year dog license.

By reservation only:

Please call SNAP at 619-525-3047
or fill out a reservation application at
snap-sandiego.org/schedule-appointment-neuter-scooter



**1 PET PER
FAMILY:**

- **FREE** pet supplies
- **FREE** spay/neuter appointments for Chihuahuas, pit bulls & cats; 50% discount for other breeds
- **Discounted** vaccinations & microchipping for dogs & cats
- **FREE** pet behavior & training tips
- Pet & family friendly

Thank you to our event hosts **San Pasqual Band of Mission Indians.**

This event is open to the public, including our neighbors in Valley Center, San Pasqual, Rincon, Pala, Pauma and La Jolla.

For more information, call 619-299-7012 ext. 2100 or visit sdhumane.org/pawssandiego

Indigenous Regeneration: Unite the Tribe - San Pasqual Earth Day Concert

Indigenous Regeneration (IR) is a non-profit run by San Pasqual Tribal descendant Paul Cannon with his wife Lacey Cannon. They started Indigenous Regeneration to give back to future generations of the tribe. IR is currently creating and managing Mata'Yuum on Paradise Mountain. Mata' Yuum (earth gathering space) is a six acre educational farm where workshops and public events are held for the community.

IR recently broke ground on installing a constructed wetland project and Elder's medicine trail at the San Pasqual baseball fields. The Elder's medicine trail will be planted with traditional medicinal white sage plants for the Elders to have access to easy harvesting. Wheel chair access will be provided to allow the Elders to comfortably gather their traditional medicines.



Indigenous Regeneration with youth from Education Department

In the wetlands area, where the storm drain water run-off makes a square lake in the corner of the ball field entrance, rocks will be brought in to build a natural wetland. The area will be planted with tule (bull rush), juncus, cotton wood, red willow, yerba mansa, basket rush, and many other traditional plants used for crafting and jewelry. IR was honored to work with Kumeyaay Ethnobotanist Richard Bugbee on the plant selection for the wetlands and Elder's medicine trail projects. The San Pasqual Education Department and All Tribes Charter School will also participate in the planting of the gardens. An eating area and horse shoe pit will be put in so that people at the ball fields ball-field will have something to do while waiting between their kids' sports games!

On **April 6th** there will be a grand opening demonstration and music concert to celebrate the completion of the new wetland area. This is a partnership with the San Pasqual Environmental Department and it will be held at the ballfields.

This celebration is called "Unite the Tribe San Pasqual Earth Day Concert." This is a free, all-ages event. There will be a main stage featuring international talent NAHKO BEAR. Paul Cannon's band 'Iron Sage Wood' with special guest Rob Machado (world champion surfer) will also be performing. There will be food trucks, live art demonstrations, BBQ, plant walks, a double decker education exhibit bus, environmental awareness booths, and much more.

Dr. Bronners Magic Soap will be bringing out their foam spraying fire truck so bring your kids' bathing suits! This is an all-day festival style community concert. It will be from 12-dusk and include acts from local youth that participate in Rez Beats. This is a drug and alcohol free, safe family friendly event. See you there!

Eyay Ahun,

You can learn more and see photos at: www.indigenousregeneration.org

San Pasqual Fire Department Spring Home Maintenance Tips

It's easy to associate at-home fire protection with the colder months with the use of space heaters, fireplaces, decorative candles, and tangled strings of holiday lights. But, just because we're less inclined to turn the heat on doesn't mean we shouldn't still be vigilant when it comes to protecting ourselves and our property from fire hazards. As you transition from sweaters to shorts, deep fryers to grills, and indoor holiday parties to backyard barbecues, keep an eye on these areas:



Grills

Fire is unavoidable when it comes to preparing the perfect kabob or rack of ribs on the grill, which means you've got some inherent risks right from the get-go. In fact, the National Fire Protection Association (NFPA) reports that an average of 8,900 home fires are caused by grilling each year. Here are some fire safety tips for the grill:

- While the meat is marinating, be sure to check each potentially problematic point of the grill including the propane tank, the hose, and all connecting points.
- Charcoal should be soaked with charcoal starter fluid only.
- Make sure the grill is clean—failing to clean the grill before and after use is a contributing factor in nearly 20% of all grill structure fires.
- Make sure the grill is set up in an open, outdoor area with nothing flammable (plants, paper products, etc.) nearby.

Outdoor Fire Pits

The necessary safety precautions for an outdoor fire pit (s'mores, anybody?) are much the same as for a grill, plus a few others:

- Never leave young children unattended near a fire in the pit.
- Fill a bucket with water and set it next to the pit before you even begin building the fire.
- Avoid throwing leaves, pine cones, pine needles and paper into the fire. They catch fire quickly and can result in dangerous floating embers.
- Unless there's an emergency, avoid dumping the entire bucket of water on the fire to put it out. Instead, spread the pieces of fuel as far apart as possible and gently sprinkle water over them until there are no more glowing embers. This prevents the scatter of embers and a thick cloud of smoke.

Chimneys

As cozy as it was in January and February, come April and May chances are you'll be less inclined to build a fire in the living room fireplace, and, easy as it is to just scoop out the ashes, close it up, and forget about it until November, go ahead and have the chimney inspected as part of your spring cleaning effort. The NFPA recommends having a chimney inspected and thoroughly cleaned at least once a year anyway, and getting it out of the way this time of year often means ridding it of buildup that would only cause more damage if it hung around until the fall. Plus, chimney technicians will be more likely to have flexible schedules in the springtime.

Dryers

If you're lucky enough to have the space for a clothesline, consider drying your clothes and linens outside during these lovely warm months—is there anything better than the smell of freshly-laundered sheets after they've been dried by a soft spring breeze? If that's not an option, keep in mind that the leading cause of clothes dryer-related fires is a failure to keep them clean. Scooping out the lint basket takes all of about 12 seconds, so be sure to clear it out every time you throw a load in. The NFPA also recommends cleaning out the vent pipe at least once a year, so might as well add that to the spring cleaning list, too.

More Education Department News

San Pasqual Inter Tribal Sports



The SP Basketball season has started! Pechanga Reservation hosted Opening Day where all 4 San Pasqual teams participated. On January 5th the SPED took 15 kids, 6 coaches to Pechanga Reservation to play in the Inter Tribal Sports 3 on 3 Tournament. There were 3 divisions: C (8-11), B (12-14), and last the A(15-18). All 3 teams from San Pasqual made it to the championship, with C & B teams coming out Champions. The A team fell short to a Mesa Grande team that was ready to play. It was a great start to the 2019 I.T.S. season. We are looking to bring home all 3 championships in March at the I.T.S. basketball tournament.



B Team in action



C Team Opening Day Champions

10 Simple Rules for Protecting Yourself Against Property Crime

- Always lock your doors – house and vehicle.
- Keep the perimeter of your home well lit.
- Have a neighbor or friend watch your home if you're away for extended periods and request to be added to a vacation watch list.
- Notify police if you see suspicious vehicles or people in your neighborhood.
- Get to know your neighbors.
- Never leave your vehicle running unattended, even for a few moments.
- Vehicles are not a secure place for valuables – always bring valuables inside.
- Try to park your vehicles where they are safest – in the garage if possible, or in well lit areas
- Remember that thieves like easy targets – if you deny them an easy target, they will usually go somewhere else.



Roadway Safety – How Can You Reduce Injuries and Fatalities?

With 2,840 known fatalities in tribal lands from 2011 to 2015, most of us have either lost a loved one or know someone that has. There are many ways that each of us can work to prevent roadway fatalities. To figure out how we can prevent these fatalities, we first must study the data. The data tells the story of why these fatal collisions are occurring. Even that is a struggle as we have known under reporting of crashes in tribal areas. This leads us to the first thing you can do: report any crashes that you know of. Contact your Tribal Police, and let them know, especially about serious crashes or fatalities. The more data that we have; the clearer the picture will be. Also, our chances of obtaining grant funding to correct the safety issues is greatly enhanced by good data.

A Tribal Transportation Committee, formed from many Tribal governments and the Federal Highway Administration, reviewed the crash data for Native Americans. It's startling to learn that motor vehicle crashes are the leading cause of death from unintentional injury for Native Americans and Alaska Natives ages 1 to 44. In some states Native Americans are four times more likely to die from a motor vehicle crash than the general population. From this review, the committee found five emphasis areas of special concern.

The first one is occupant protection (seat belts, car seats, helmets, air bags, etc.). In 51% of Native American fatalities occupant protection was not used. Here's the second thing that you can do: wear your seat belt, make sure everyone else in the vehicle does, and make sure to use car seats even for short trips.

The second emphasis area is roadway departure. 63% of Native American fatalities happened when someone left the travel way resulting in a crash. 25% of these were in curves. How can you reduce this? Stay on the road. For most of us, we need to make sure that we are not distracted. No texting or using electronic devices while driving. You can also help reporting any signs that are down, that have been vandalized or are no longer reflective at night to your local road owner. Also report drainage issues and damaged guardrail.

The third emphasis area is impaired driving. 40% of Native American fatalities involved impaired driving. You can help to reduce this by drinking responsibly and helping others to do so. Don't drive if you've been drinking. Offer to give someone a ride if they have been drinking and you have not. Be a good enough friend to take the keys away from a buddy that's drinking.

The fourth emphasis area is pedestrian safety. 11% of roadway fatalities for Native Americans occur when a pedestrian is struck by a vehicle. The majority of these are at night in rural areas. 77% of the time the individual was walking along or in the road. What can you do? Walk on a sidewalk or path when it's available. If you must walk on the shoulder or in the road, face traffic. Be seen by wearing reflective or bright clothing. Never walk near the road while impaired by alcohol or drugs.

The fifth emphasis area is availability of public safety services. Road safety experts have a term called the "golden hour." If you can get medical attention within an hour of sustaining severe injury, your chances of living are much higher. How can you help? Consider becoming a community volunteer and take some basic medical training. Provide your information to local EMS, and your willingness to help. It's quite possible you could be first on the scene and provide lifesaving assistance.



Top 10 - What can I do to reduce roadway fatalities?

- Report crashes to your Tribal Police, especially severe or fatal ones.
- Wear your seat belt, make sure everyone else does, and use car seats even for short trips.
- Stay on the road. Don't drive distracted.
- Report any signs that need attention, drainage issues, or damaged guardrail to the Public Works Department.
- Don't drive if you've been drinking.
- Take the keys away from someone who is drinking and give them a ride.
- Walk on the sidewalk or path. If you must walk on the shoulder or path, face traffic.
- Wear reflective or bright clothing while walking.
- Never walk while impaired.
- Take some basic medical training and become a community volunteer.

Duro Road Water Tank Project Completed

The San Pasqual Water Department received grant funding from the Bureau of Reclamation and Indian Health Services to expand the Duro Public Water System main water line and build a 84,000-gallon tank to provide water service to current and future residents. The San Pasqual Water, with the assistance of the San Pasqual Public Works Departments are proud to announce the completion the Duro Water Tank Project, which was completed on February 11, 2019.



The 84,000-gallon tank will replace the four temporary tanks that service the lower portion of the Duro Community. The four small tanks each have a capacity of 3,500-gallons, for a total combined capacity of 14,000-gallons. The new 84,000-gallon tank will allow for further home growth and more importantly, for the San Pasqual Fire Department to use to fight any potential wild fires that could threaten the Duro Community.



Crews building the water tower.



Finishing touches on the water tower.

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Smoke Detector Testing and Tribal Addressing System Outreach

Beginning March 16, the San Pasqual Fire Department will be visiting residents to test existing and install new smoke alarms if there are none. Smoke alarms are a critical early warning device and could potentially be the difference between life and death in the event of a structure fire. Fire fighters will also be distributing your new addresses with information on the importance of the new Tribal Addressing System in terms of emergency response, how to make the change from your old address, and who you can contact for more information. For more information, please contact Chief Harold Rodriguez at (760)651-5180 or the station captains at 760-749-7542.

Calendar of Events:

Town Hall Meeting—Hearth Act

March 20th, 2019 @ 5pm - Tribal Hall

Unite the Tribe Earth Day Concert

April 6th, 2019 12pm—Dusk - Ballfield

General Council Meeting

April 14th, 2019 @ 10:00am - Tribal Hall

Spay and Neuter Event

May 11th, 2019 @ 10:00am—1pm - Ballfield

Fire Academy News

Thirty-eight students graduated from San Pasqual Fire Academy #35 on 12/15/2018. Fire Academy #36 started on 1/7/2019 with 39 students scheduled to graduate on 4/13/2019. Academy #37 is scheduled to start on 6/3/2019 and Academy #38 scheduled for 9/9/2019.



Be the First to Know! - San Pasqual Text and Email Alerts

The San Pasqual Tribal Government is now offering text and email notifications for important events, meetings, and emergencies affecting Tribal residents. If you would like to receive these notifications, please go to the Tribe's website. The form is located on the "Publications" page. You can also go to <https://bit.ly/2FW9Oct> to go directly to the form.

Please return your form via email to ithelp@sanpasqualtribe.org or drop off at the Tribal Hall front desk. You may also direct any questions to this email address. Thank you.

Please fill out the form or contact ithelp@sanpasqualtribe.org if you have previously filled out the form and are not receiving text or email alerts.



IPAI COMMUNITY LOAN FUND

CONSUMER TIP – WHEN TO BUY – WHAT!!!

Whether it's furniture, mattresses, or air conditioners — everything hits a rock-bottom price sometime during the year. The problem is most people can never remember when those times are!

Here's a list of items to help you out over the next three months.



March

Gardening supplies, snowboard and ski equipment, craft supplies, cleaning products, Winter clothing

April

Spring clothes, fitness wear and shoes, jewelry, sunglasses, vacuums, cleaning products, tax software and services

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